

## WHAT'S COMING UP

### August 2

National Ice Cream  
Sandwich Day

### August 5

10:30 Music By Mike Booth &  
The Boys

### August 6

National Root Beer  
Float Day

### August 7

National Purple  
Heart Day

### August 9

National Women's Day

### August 12

Dog Days Of Summer Lunch

### August 14

Navajo Code Talkers Day

### August 15

National Relaxation Day

### August 16

National Tell a Joke Day

### August 17

National Nonprofit Day

### August 19

World Humanitarian Day  
2:00 Music By Neki & The  
Infusions

### August 21

National Senior Citizens Day

### August 25

4-6 Hot August Nights

### August 26

Women's Equality Day  
2:00 Music By The Surprise  
Package

## AUGUST 2022 NEWSLETTER



### *August is here!*

Happy August, it's amazing that we are over halfway through 2022. August is the month that means "Inspiring reverence or admiration." Reverence is profound respect and love. When you have a reverent attitude toward God, you honor Him, express your gratitude to Him, and obey His teachings.

There are many words to describe what admiration is: adoration, affection, applause, appreciation, delight, esteem, fondness, and love. Who in your world is someone with positive characteristics worthy of adoration, love, or respect? An example of someone who is admirable could be a brave military officer.

At Regency, our mission is: Serving our residents and families while engaging in relationships, respecting individuality, and valuing contributions of those who evolve our care every day.

Our residents are our inspiration each day, with their years of experience and wisdom they can share when given the opportunity. It is with admiration and affection that we have the opportunity to serve each and every day.

They have a faith that reminds us of the great generation they were and are. Many of our residents work hard and shared generously with family and neighbors. They are neighborly, generous, kind, and serve without the expectation of anything in return. These are characteristics that are worthy of admiration.

These are Christ-like characteristics we should be living by each and every day. God is self-sufficient, God is omnipotent, God is omniscient, God is omnipresent, God is wise, God is faithful, God is good, God is Just, God is merciful, God is gracious, God is loving, God is holy, and God is glorious. Remember we are His hands and feet each day. We are honored that our mission allows us each day to be Christ's hands and feet in Regency. Thank you to each and every team member who serves each day. We appreciate you all.

***Rachelle Gillespie,***  
*Executive Director*



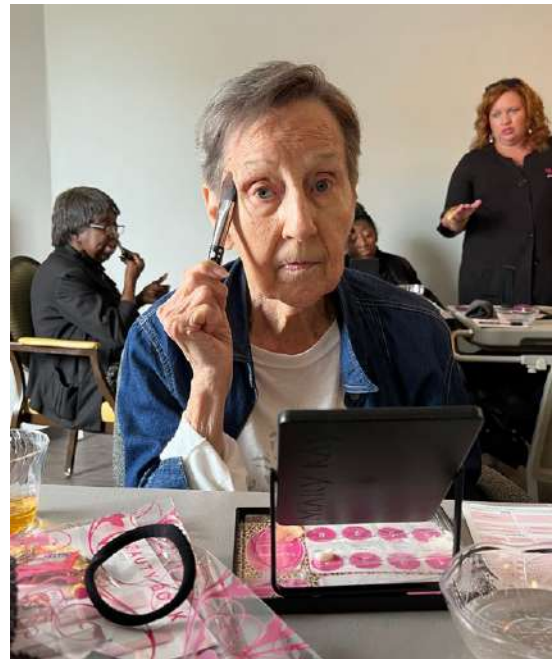
## Bing! Bang! Boom!

Our July 4th celebration was filled with red, white, and blue apple pie served with vanilla ice cream and freshly spun cotton candy, snow cones, and bags of popcorn! Families, residents, and staff danced and tapped our toes to music by The Sinners Band and DJ Bama Bill. Just as we were getting excited about the fireworks, the rain began to pour, and the only booms that were heard were the sounds of thunder! But no worries, we will use the fireworks in a few months to celebrate the New Year!



## Christmas in July

Resident Ms. Christina shared her skill by creating beautiful Christmas ornaments for us. It was an afternoon filled with laughs and conversation!



## Pampering Residents

Michele White, our Mary Kay representative, pampered our beautiful ladies with facials and hand scrubs.



## Music by Jim Quakenbush

We enjoyed some jazz classics, and boy could he play that trumpet! Thank you for stopping by, Jim!

## FUN FACTS

- » August was once the sixth month of the year. In the original ten-month Roman calendar, the month went by the name of Sextilis, meaning “the sixth month” in Latin. It wasn’t until around 700BC that August was pushed back in the order of months when January and February were added to the beginning of the year by King Numa Pompilius.
- » August has also changed its number of days multiple times. In the ten-month Roman calendar, the months all had either 30 or 31 days, totaling 304 days in the year. Not only did Pompilius add January and February to the calendar, but he also reduced the number of days in August down to 29. It wasn’t until Julius Caesar introduced the Julian calendar that it was left with 31 days, and it’s stayed the same ever since!
- » Another year, another change! After so many changes, you’d think the month would have had enough, but no— in 8 BC, the month was named “August” in honor of the Roman emperor Augustus.
- » August is also a little bit unique, most of the time at least. In a standard year, no other month begins on the same day of the week as August. In a leap year, however, August begins on the same day of the week as February.



## New Resident Fitness Center, Coffee Bar, and Smoothie Station

Stay fit by moving! You will now be able to enjoy a gym right here in the community! What could be better? Maybe a visit to the Coffee Bar or a Smoothie Station! Stay tuned, more information coming soon.



## Sounds Like New Audiobooks

We are adding audiobooks to the library. Come check them out, give them a listen, and tell us what you think!



## Dog Days of Summer

During this time of year, when the thermometer rises and sticky days are never-ending, it feels like it'll never cool off. The "Dog Days of Summer," however, are the perfect time for a party!



## Hot August Nights

August 26th

On Tuesday, August 26th, from 4:00 pm to 6:00 pm, there will be music, food, drinks, and family fun to enjoy these hot August nights!



## Lunch & Learn

August 11th - 17th

From August 11th to 17th, we will be hosting Lunch & Learns, which are opportunities to learn something new while enjoying delicious food.

NEWSLETTER CLUB

**Gentleness**

Gentleness doesn't typically come to the top of the list in the way we treat others. If you are feeling stressed about your day or your week ahead, give God the burden. He can handle your emotions. As he takes the burden from you, remember to be gracious in how you deal with others and be empathetic toward their stresses too.

Always be humble. Be patient with one another.

Ephesians 4.2

—K.B

**Current Minor League and Semi-Professional Teams**

- » AFC Mobile Soccer
- » Alabama Blackhawks Birmingham Football
- » Alabama Steel Semi Pro Football Tuscaloosa Football
- » Birmingham Vulcans Birmingham Basketball
- » Birmingham Legion FC Birmingham Soccer

This listing allows you to keep up with Alabama Professional Sport Teams.

—Coach

**Stonehenge**



*Photo by John T. Bird, March, 1975*

Stonehenge, like Winston Churchill's comment about Soviet Russia in 1939, is a riddle wrapped in a mystery inside an enigma. Older than the pyramids of Egypt, it might be an ancient burial ground. Or a place of pagan sacrifice. All we really know for sure is that the huge stones were assembled around 5,000 years ago.

The stones stand strong on the Salisbury plain in Wiltshire, 88 miles from London.

As such it is a hugely popular tourist attraction. People who believe in wizards and aliens alike firmly believe in their own origin stories. The British authorities encourage photos but standing on or touching a stone is prohibited, a reaction to the past practice of tourists chipping away a bit of history as a souvenir.

Stonehenge's vertical "sarsen" pillars that line the circumference of the circle weigh about 25 British tons each, and bear in mind what is left to ponder was brought to Stonehenge before the invention of the wheel. It is believed that the largest pillars were transported with the help of sleds made of logs, used with ropes, and perhaps floated on an ancient river.

Every summer on June 20th, the summer solstice sun, shining in the longest daylight of the year, illuminates spaces between the stones perfectly.

The effect is similar in the winter solstice of December 20, when there are fewer visitors due to the winter chill.

In any event, the mystery of Stonehenge remains unsolved. What do you think?

—John T. Bird

**Volunteer Spotlight**



My name is Mckynlee, and I recently became a volunteer for Regency. I decided to volunteer because I love spending time with my grandparents, and I thought it would benefit the residents

and myself. Currently, I am a student at Mountain Brook Junior High. I enjoy cheerleading, calligraphy, and traveling with my family.



## Welcome, Christy Hickey

We are excited to have Christy Hickey join our Regency Team as an Activity Assistant. Christy moved here from Amelia Island Florida to be closer to her 3 grandchildren, and to

further her career with seniors. She is a Silver Sneakers and Senior Group Exercise Instructor. Christy is also an Artist/Crafter who enjoys creating and teaching participants of all ages. Please be sure to welcome her to our community!



## Linda Crawford

Linda is 73 years young. She likes to have fun and stay busy with all of the activities scheduled each day. She enjoys dancing and listening to music and loves to be around cats and dogs. She looks forward to Walmart outings and her favorite activity is Bingo! She also enjoys helping others and being around her friends.

She recently decided to try adult coloring books and is now hooked! She's created her own artwork station in her room and has quite the collection of beautiful completed works. Thank you for sharing your art and company with us, Linda!

## Love's Flow

Listening raptly to lovely lyrics married to heavenly music,

I lucidly dreamed the night away

I dreamed I fell into great Love's flow,

and that The Universe got coolly sublime on a future, golden, bright day

There was brotherhood, and sisterhood, peace, and true harmony in every way

Understanding was bursting onto the pretty scene

Like an exploding love's bouquet

There was ecstasy from the clear, cool well-springs of Life

Perfect health did invade

The sound of sweet notes, and musical chords solicited a feeling

Of further relaxation, which dreamily I obeyed

In tune with a world changed into breathtakingly beautiful visions of utopia,

Perfect discernment was displayed

I seemed so enraptured for eternities by this wonderful, New paradise my dream-life had shown

Then, as the first eastern light poured like bright rivers onto my sofa's pillow

Which whitely glowed,

A heavenly chorus of voices echoed with an assurance

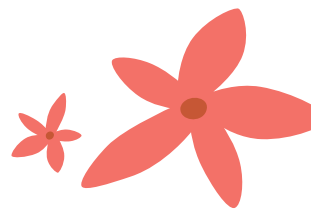
That rang with Truth of pure gold

Comforted the night long by the very loveliest wind chimes, and angelic song,

Joyous visions of heavenly power,

And peace were drawing you into Love's flow

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WORD FIND

N B D G H Q K O J M R N K B S E X T I L I S M N A  
 J X E K V V J U V P A N I N I H G L M E H I O L X  
 J J H T F T C Z E C O L H I Q R M A R D R L S E P  
 R O M A N L T Z S D T Q C Q M Q Z O T K A A Q G U  
 T T G Z U Q T Z U U R S S B X G T E B Y M V U E M  
 T O T R Q J Q J V W Q P U S R O C K S T Q A I N I  
 F N V O A W E H I T X M M G L A D I O L U S T D C  
 B G Q L P J C T U G A Z M D Y F I B S G N G O O E  
 O A S D O L R F S V A P E R I D O T H X V S K R D  
 T A P O M P E I I S F W R X W P H E Y O P E A C H

SEXTILIS  
 ROMAN  
 SUMMER

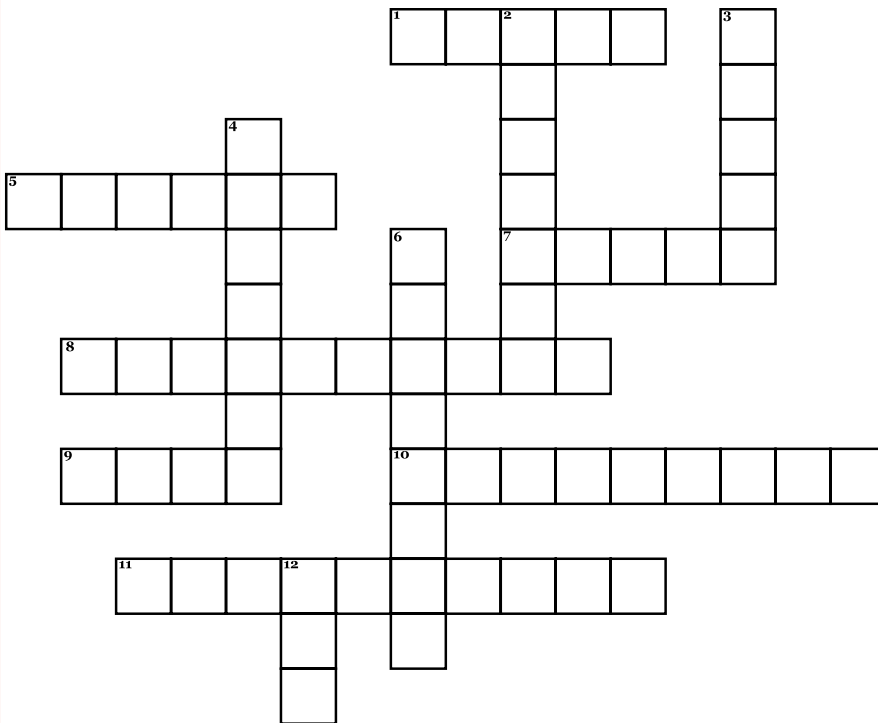
LEGEND  
 ROCK  
 PANINI

POMPEII  
 VESUVIUS  
 PUMICE

LAVA  
 PERIDOT  
 TONGA

GLADIOLUS  
 PEACH  
 MOSQUITO

CROSS-WORD



Down

2. Mount Vesuvius erupted near the city of \_\_\_\_\_.
3. Plants that grow the fastest in the month of August?
4. August birthstone?
6. August 20th is \_\_\_\_\_ Day.
12. If you were born before August 22nd, you're considered to be a \_\_\_\_\_.

Across

1. August has two birth flowers — the Gladiolus and the deep crimson \_\_\_\_\_.
5. August is a common name for boys in \_\_\_\_\_.
7. Rock music legend that died on August 16, 1977?
8. Leos are said to be very proud people who display great \_\_\_\_\_.
9. In August, the US celebrates National \_\_\_\_\_ Cheese Month.
10. August 5th is National \_\_\_\_\_ Day.
11. Virgos are \_\_\_\_\_, hardworking, kind, and loyal people.



EMPLOYEE OF THE MONTH

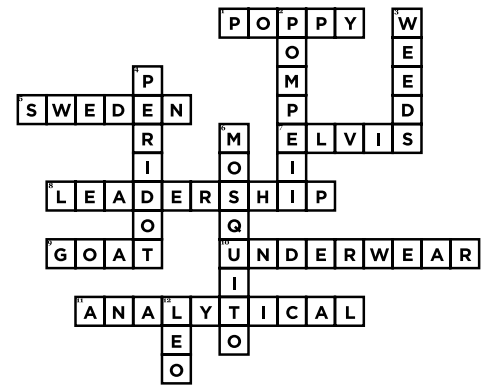
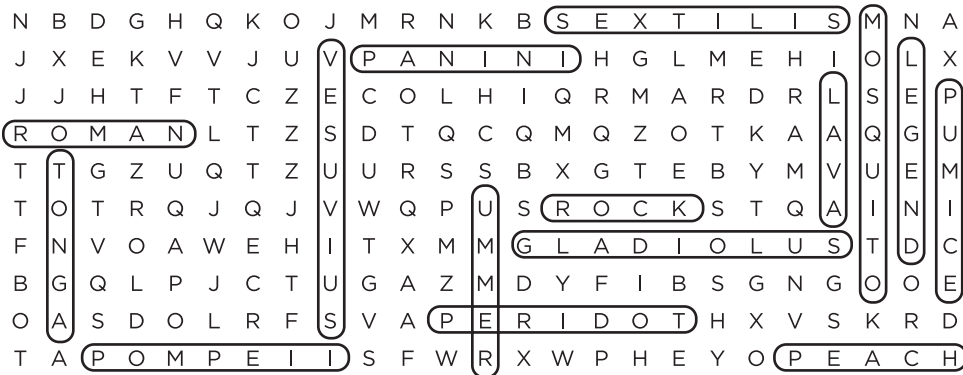
Carmen Garrett



Carmen has been part of The Regency Team since May 2009. Carmen shared, "One of the things that attracted me to Regency was that it was founded on Christian values. When I first walked through the doors, I was greeted with smiles and friendly faces, and when I go home at the end of the day, I feel like I have been a blessing to someone."

Carmen works as a caregiver and an Activity Assistant. Thank you, Carmen, for all you do to enrich the lives of our residents!

ANSWER KEY



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